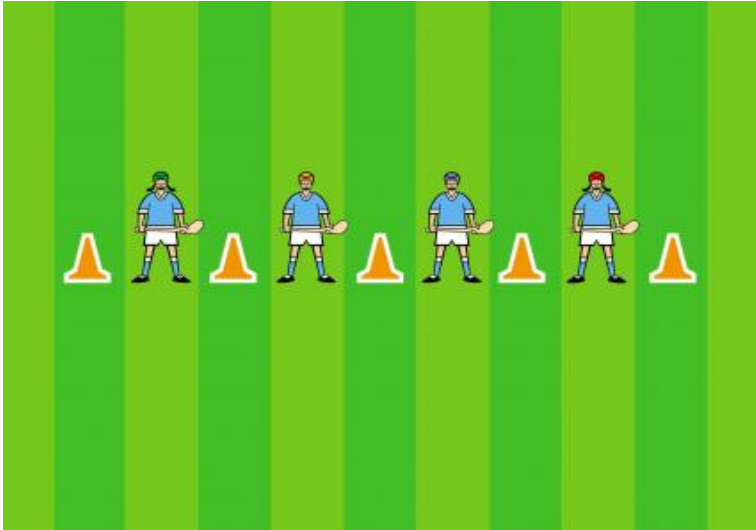


LEVEL 1

FRONTAL BLOCK - IMAGINARY BLOCK

— HURLING



This is a basic drill to practice the Frontal Block technique

Organisation

- Position the players along a line two meters apart
- On the whistle, the players move from the Ready Position to the Frontal Block position and back to the Ready Position
- The coach may count or talk the players through the stages of the technique to help them with the sequence and the timing
- Repeat the drill several times

STEP Variation

Task - As the players improve, complete the drill first while walking, and eventually while jogging

EQUIPMENT LIST



Cones

Notes
